

# Smoke Signals

October 2017

Fall



Tah Supuh Mutung Oo vi  
(Evening at Pipe Spring)



## Reminder!!!

The Annual General Meeting is only one week away,  
Saturday - October 7, 2017 - 9:00 a.m.

Open House - October 6, 2017 5:00 to 7:00 p.m.

Meet the Candidates following Open House 7:00 to 8:00 p.m.



## Chairman's Report to Council

### Compact Negotiations:

While there not been any new negotiations taking place, I have been in contact with our Lawyer Glenn Feldman. He has informed me that the state is moving ahead with their plans to meet with the gaming tribes, just they had met with the non-gaming tribes.

The state is going to stick to the schedule of meeting with the rural gaming tribes next and then with the metro gaming tribes. The state and AIGA are both working to get the gaming tribes that have yet signed on to the compact negotiations to join in on the negotiations.

The state has come to terms with T.O. about the west valley casino in Glendale Az. One of the other problems that the state is running into is the desire of Pascua Yaqui to have to ability to build a facility around the Tucson area. Hopi is also wanting to enter the negotiations but are not sure of how they want to operate. Throughout all of these talks Kaibab has emerged as a voice of the small tribes and one of the voices that the state continually recognizes.

### Lake Powell Pipeline:

While most of this will be covered by Mr. Bulletts, we are working on a face to face meeting with our Arizona Congressional Representative. It appears that one of them will be making the trip up here to Kaibab to meet and greet with our Council and view the proposed path for the LPP. We are making arrangements to meet with others of our Congressional Leaders in Washington D.C.

### Garkane ROW:

We are continually making progress on our ROW with Garkane Electric Co-op. It appears that at the last negotiations the tribe settled for a total \$10,000 for the thirty (30) year ROW contract.

### General Meeting:

Our annual general meeting will soon be upon us, I have sent out request for the following organizations to be present;  
Hopi Health Care Center and,  
Bureau of Indian Affairs Southern Paiute Agency Superintendent,  
These are our direct service and trust responsibility providers.

Travel:

I currently do not have any travel plans



## Water Quality Department

I apologize for the depth of this article, which was published by the Water Resources Research Center (WRRC), but it highlights the complexity of water management, agriculture and conservation.

### **"We do the best that we can with what we have, in the time we have, in the place we are"**

The challenges of climate change, population growth, and water scarcity have highlighted the need to develop a better understanding of the interactions among food, energy, and water (FEW) systems. There is a FEW nexus in which energy, water and agriculture are intertwined aspects of resource security. Food production through the agricultural industry is critical for food security and depends on inputs of water and energy. Energy is required to supply and treat water for agriculture, municipal, and industrial uses, whereas water is used for human and industrial consumption, crop irrigation, and energy production. Thus, constraints in one area can significantly impact the others.

In the past, each component of the FEW systems has been managed and regulated independently, disregarding the existing linkages among these resources. The increasing demand for fresh water, energy, and food under the pressures of climate change and population growth have increased the need for integrated management that accounts for the complexity and dynamic interrelationships of the FEW nexus. Such an approach aims for cross-sector coordination instead of sector specific optima to avoid unintended side-effects and negative sectoral trade-offs.

Arizona's current water use varies between seven and eight million-acre feet per year. Agriculture is by far the largest user of water in Arizona, accounting for about 70 percent of withdrawals. Arizona's climate allows year-round agricultural production, self-supplying most of its demand for animal feed, livestock, and other food products and supplying major regional cities, including Los Angeles, San Diego, El Paso, and Las Vegas.

**To be continued:**

# A DAY ON THE LAKE FOR MEN



**Grab your FISHING POLES and CAMP CHAIRS  
and join us for a day of fishing at  
PANGUITCH LAKE**

**WHEN: Friday October 13, 2017 – Meet at Food Town at 5:30 AM AZ time**

**WHO: All male tribal members, staff and community members are welcome.**

**Fishing Licenses are required. Please get your license before the trip.**

Human Services will cover the cost of your 3 day license. Licenses can be bought online or at Food Town. If you have already purchased your license we will reimburse you.

Please let us know if you need a fishing pole.

**If you need help contact Penny 643-8323 or Cierra 643-8336**

**There will be GREAT PRIZES, GREAT FOOD and GREAT COMPANY!!**

**We are renting a PONTOON BOAT and will have fishing supplies available.**

**Please sign up at the front desk.**

**PLEASE DRESS FOR COLD WEATHER!!**

Call Allen Orton with questions or concerns at 435-899-1480

## A Message to all Community Members:

If you see any vehicles or people in places you have never seen them at before, Law Enforcement requests that you contact them at 928.643.6050. If no answer you will be transferred to the BIA dispatch. These people are trespassing, for all we know they are pot hunters, unlawful plant collectors, or something we don't want to find out about!

There have been sightings, you have to do your part and report them!! Or else they get the better part of us by taking our heritage and or our natural vegetation.

Don't depend on others to make the call, You Make the Call!!!

Just a brief public announcement!!

Thank you

## Memo

To: Community Members who helped  
With House Fire on August 18, 2017\

From: Danny Bulletts, Jr Fire

Subject: House Fire – August 18 2017.

I would like to thank the Six Community Member that were first on scene who without thinking put themselves in great danger to put the fire down but not out, this action probable saved the home.

But when I say “great danger” I mean going into a building with smoke in it is not good, the smoke has hazardous material in it and can cause health concerns and breaking out the front window adds more oxygen to the fire and it could have burned faster and hotter or someone may cut themselves on the glass.

What I would recommend to anyone conceding helping, at times like this, is first think of the danger to yourself. If you decide not to do anything that's Okay. When enter a burning building to help someone out, make sure that everyone is out of the building, and keep everyone back. Don't let anyone go inside, wait for fire personal.

Along with thanking the above people I would also like to thank everyone for moving their vehicles off the street when asked to.

Please contact me if you have any questions.



# Wildlife Fisheries & Parks Department

## 2017 Hunting –

Hunters Safety for Youth 10 to 18 they need to be accompanied by a parent, will be held on the morning of October 20, 2017 at 8am in the Tribal Office, every Tribal youth (10 to 18 years old) need to have a hunters safety card from either the state or tribe and they need to be accompanied by an adult while hunting, anyone over 18. To get a permit youth need to know their Address, Date of Birth, Social Security Number, and State Hunters Safety Card.

**Southern Paiute Youth Hunt** – October 20, 21, 22, 2017 it is for youth (Male or Female) ages 10 to 18, Youth will need to camp out for two nights, a signup sheet will be put at the front desk Tribal Office, anyone has NY questions call me.

**Tribal Hunts** – Will start the first week in October and end on November 12, 2017 you will need a permit before going on the Mountain to hunt, all permits will be issued at the tribal office, you may call and make arrangement to get your permit. This year you will not get another permit until the white tag is filled out and returned to this Department. **SECOND Hunt – December 07-31, 2017** this hunt will be for a Management Buck for the whole Reservation.

**All other hunt will be in next Month's Newsletter, all Indian and Non-Indians hunts are full.**

**Non Lead Bullets** – This is our last year for the No Cost Non-Lead Bullets, they will be issued during the annual meeting and when you come and get your hunting permit.

**Gut Ply Raffle** – we will again have the Arizona State run Gut Ply Raffle, any deer guts are welcome, even if you use Non-Lead bullet you can put the guts in the freezer, which is located at the front gate of the housing yard, just remember to write your name and phone number in the book, write it so people can read it and the drawings are usually at the end of December, there are some cool prizes, out of the whole state we have had one winner every year, so don't forget to bring in your gut ply.

**BIA Big Horn Sheep Grant** – With the Help of Rustie Tom (and Taylor Stanfield) we have installed six wildlife water troughs, so if you see them out there try not to get too close because we are checking for Animal tracks to see what comes in, there is a remote camera also set up nearby. If anyone has any questions you can ask me or Rustie.







## Kaibab Band of Paiute Indians

HC 65 Box 2  
Fredonia, AZ 86022  
#1 250 North Pipe Spring Rd.

Front Desk	Claudina Teller	928-643-7245 (main #) Ext #300
Chairman	Roland Maldonado	Ext. #301
Tribal Administrator	Vincent Toya	Ext. #302
Tribal Secretary	Gale Stanfield	Ext. #319
Human Resources	Kim Nuttal	Ext. #307
<b>Finance Department</b>		
Finance Director	Cathy Fisher	Ext. #303
<b>Community Health Department</b>		
CHR Director	Laura Savala-Levi	Ext. #331
<b>Housing Department</b>		
Housing Director	Don Johnson	Ext. #306
<b>Mental Health Services</b>		
Director		Ext. #320
Counselor	Allen Orton	Ext. #322
Substance Abuse	Penny Keller	Ext. #323
Support Services	Ciera Bradley	Ext. #336
<b>Other's</b>		
IT	Ron Lebaron	Ext. #340
Water Quality	Scott King	Ext. #372
Water Resources	Meghan Olsen	Ext. #314
Environmental	Daniel Bulletts	Ext. #311
Economic Development	Wayne Nelson	Ext. #334
Facility Maintenance	Patrick Castro	928.643.7245
Seniors Kitchen - Title III		928.643.6017
<b>Cultural Preservation</b>		
Director	LeAnn Shearer	928.643.7365
<b>Southern Paiute Consortium</b>		
Coordinator	Charley Bulletts	928.643.6278

<b>Kaibab Early Learning Center</b>		
Director	John Thomas	928.643.6890
<b>Language</b>		
Coordinator		928.643.6485
<b>Library/Education</b>		
Director	Amandy Bundy	928.643.6004
<b>Park</b>		
Director	York Benson	928.643.7351
<b>Tribal Courts</b>		
Tribal Clerk	Jeri Bussiere	928.643.7214
Probation	Ona Segundo	928.643.7214
<b>Chevron</b>		
Store Manager	Ganaver Timican	928.643.6043
Assistant	Jolita Lopez	928.643.6041
<b>Wildlife Department</b>		
Director	Danny Bullets Jr.	Ext. #305
<b>Tribal Fax #</b>	888.939.3777	

## • Diabetes: Keeping Feet Healthy

Diabetes can damage nerves in your feet and cause **neuropathy**. This condition makes it hard for you to feel injuries or sore spots. Diabetes can also change blood flow, making it harder for small problems, like a blister, to heal properly. In fact, minor injuries can quickly become serious infections that send you to the hospital. Practice self-care to protect your feet and keep them healthy.



**Inspect your feet every day for signs of a problem.**

### **Take Special Care**

- Inspect your feet daily for problems such as redness, blisters, cracks, dry skin, or numbness. Use a mirror to see the bottoms of your feet. Or, ask for help.
- Manage your diabetes. Monitor and control your blood sugar. Take all your medications as prescribed.
- Avoid walking barefoot, even indoors.
- Wash your feet with warm water and mild soap. Dry well, especially between toes.
- Don't treat corns or calluses yourself. Talk to your doctor or **podiatrist** (a doctor who

specializes in foot care) if you need assistance trimming your toenails.

- Use moisturizing cream or lotion if you have dry skin, but don't use it between toes.
- Don't use heating pads on your feet. If you have neuropathy, you could get a burn and not feel it.
- Stop smoking. Smoking restricts blood flow and can make it harder for wounds to heal.
- Don't use sharp blades to trim your nails. Use a nail clipper and file instead.

## **Have Regular Checkups**

Foot problems can develop quickly. So be sure to follow your healthcare team's schedule for regular checkups. During office visits, take off your shoes and socks as soon as you get in the exam room. Ask your health care provider to examine your feet for problems. This will make it easier to find and treat small skin irritations before they get worse. Regular checkups can also help keep track of the blood flow and feeling in your feet. If you have neuropathy, you may need to have checkups more often.

## **Wear Proper Footwear**

Wearing proper footwear is very important. If areas of your feet have been damaged by too much pressure, your health care provider may recommend changing your footwear. In some cases, avoiding high heels or tight work boots may be all that's needed. Or, your health care provider may recommend special shoes or custom inserts. These help protect your feet and keep existing irritations from getting worse. If you need special footwear, ask your health care provider if you qualify for Medicare's diabetic shoe program.

## **Make Sure Shoes and Socks Fit**

Any pair of shoes — new or old — should feel comfortable as soon as you put them on. There shouldn't be any rubbing when you walk. Wear the right shoe for any activity. For instance, a running shoe is designed to keep your feet injury-free while jogging. Buy shoes at the end of the day, when your feet are larger. Make sure they provide support without feeling too loose. Make sure your socks fit, too. Wear soft, seamless, well-padded socks for activity. Cotton or microfiber socks are best to help to absorb sweat. To protect your feet, avoid shoes that are open-toed or open-heeled. If you have questions about what kinds of shoes and socks are best, talk to your health care team.

## **Get Regular Exercise**

Regular exercise improves blood flow in your feet. It also increases foot strength and flexibility. Gentle exercises, like walking or riding a stationary bicycle, are best. You can also do special foot exercises. Just be sure to talk with your health care provider before starting any exercise program. Also mention if any exercise causes pain, redness, or other signs of foot problems.

**Note:** If you have any kind of break in the skin of your foot or ankle, keep the area clean. Then

- call your doctor — especially if the area doesn't appear to be healing.

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KEEP YOUR DIABETES IN CONTROL

know your blood sugar levels & A1C

stop by call my office @ 643-8333 I will gladly do a home visit

Celia Milner Diabetes Health Educator



# KNOW YOUR BLOOD SUGAR

- ☐ Tired
- ☐ Sleepy
- ☐ Thirsty
- ☐ Dry Mouth
- ☐ Frequent Urination
- ☐ Blurry Vision

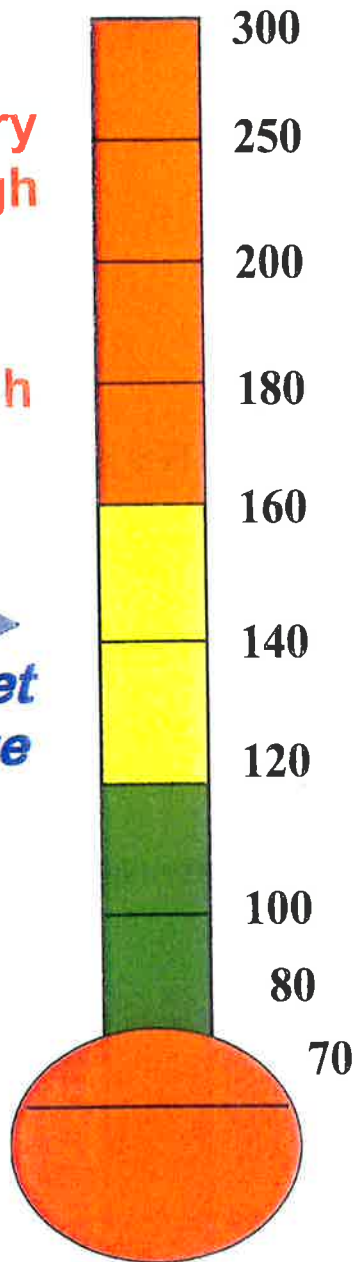
**Very High**

**High**

**Target Range**

- ☐ Shaky
- ☐ Sweaty
- ☐ Hungry
- ☐ Confused

**Low**



## Can damage:

- Blood Vessels and Nerves
- Kidneys
- Eyes
- Brain
- Heart
- Feet
- Gums & Teeth

## Protection for:

- Blood Vessels and Nerves
- Kidneys
- Eyes
- Brain
- Heart
- Feet
- Gums & Teeth

## Target Blood Sugar Goals:

Time of Test	People with Diabetes Target	My Blood Sugar
Fasting (8 hours from last meal)	80 – 120 mg/ dL	
2 hours after meals	Less than 160 mg/ dL	

- I will test my blood sugar \_\_\_\_\_ times a day, \_\_\_\_\_ days a week.

- I will test my blood sugar:

- ☐ when I wake up
- ☐ after breakfast
- ☐ after lunch
- ☐ at bedtime
- ☐ other \_\_\_\_\_
- ☐ after dinner
- ☐ before exercise
- ☐ after exercise





# **Your Health is Wealth Fair**

**OCTOBER 27 - 28**  
**Kaibab Community building**

**Friday October 27**

**Welcome starts at 10:00 a.m.**

**Cooking demonstrations. Nutrition class. Stress  
Management. Tobacco and dental demonstration.**

**Saturday October 28**

**8:00 a.m. Monster Mash Dash!**

**Welcome starts at 10:00 a.m.**

**Stress management. Beginner Exercise. Cooking  
demonstration. Games and activities.**

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**join us for great health tips  
and activities! Great meals,  
games and prizes!**

**For more information call  
Celia Milner 643-8333**

THUNDER MOUNTAIN

# **MONSTER MASH DASH!**

**OCT. 28  
8:00 A.M.  
Start**

**PRIZES FOR  
BEST  
Costumes!**

**KAIBAB COMMUNITY  
BUILDING  
THROW ON YOUR  
COSTUME FOR A  
FUN RUN-WALK!**

**Participants will receive a t-shirt!**



# CEMETERY MEETING



It is time for the Bi-Annual **CLEAN UP** for  
our Cemetery!!!!

**October 21, 2017**  
**Saturday - 8 - 12 p.m.**

A potluck is planned, so please bring  
one of your best dishes or two!!!

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**Second Reminder!!**

**Open House - Oct 6, 2017 5-7 pm**  
**Meet the Candidates - 7-8 pm**  
**Annual Meeting- Oct 7, 2017 - 9:00 am**

